



## Is it Me or My Hormones? (Paperback)

---

By Marcelle Pick

Hay House Inc, United States, 2014. Paperback. Book Condition: New. 224 x 174 mm. Language: English . Brand New Book. One of the most common and agonising problems women face today is hormonal imbalance. Sometimes it s a nightmarish premenstrual syndrome - depression, cravings, bloating, weight gain, irritability, and even out-of-control rage for up to three weeks each month. Sometimes it s periods so painful that you have to arrange your entire life around your cycle. Sometimes it s a rocky passage into perimenopause that changes everything you know about yourself and your body. Luckily, you can resolve these hormonal issues - you just need accurate, actionable information to do so. In Is It Me or My Hormones?, Marcelle Pick, author of The Core Balance Diet and Is It Me or My Adrenals?, delves into the often misunderstood world of female hormonal imbalance. Sharing her personal struggles and her experiences with patients, Marcelle helps you understand how the right diet, exercise, supplements, herbs, and psychological support, occasionally complemented with bioidentical hormones, can free you from hormone disruption. After walking you through the basic science of how your hormones affect your body, mind and emotions, Marcelle lays out an accessible, easy-to-follow,...



**READ ONLINE**  
[ 8.02 MB ]

### Reviews

*Absolutely essential go through book. It is actually loaded with knowledge and wisdom You can expect to like the way the blogger compose this pdf.*

*-- Pascale Bernhard*

*A must buy book if you need to adding benefit. It is actually writter in basic phrases and never difficult to understand. I found out this book from my dad and i advised this publication to find out.*

*-- Miss Camila Schuppe III*